

Learn How to Spot Nutrition Nonsense



Be on the lookout for people with phony diplomas, degrees, or titles.



Beware of stories and miracle cures that sound too good to be true.



Beware of diets that omit any of the food groups or push strange food combinations.



Beware of special secret ingredients or fancy foreign formulas.



Beware of scare tactics and pushy salespeople.



Beware of high dose nutrition supplements.



Beware of easy exercise and all-you-can-eat diets.



Beware of people who tell you not to trust doctors.



Beware of ingredients "proven" by government or university research.

Learn Where to "Find the Facts"

There are many places that you can call to check the accuracy of nutrition information.

Some of these are:





NUTRITION QUACKERY PREVENTION TASK FORCE

Quackery is the practice of promoting medical schemes or remedies known to be false or unproven for a profit. It is estimated that \$25 billion a year is spent on medical quackery. One of the largest areas within medical quackery is nutrition quackery: the promotion of unproven or fraudulent nutrition products, therapies, and services for a profit.

The Nutrition Quackery Prevention Task Force is dedicated to the promotion of optimal health through consumer education. The Task Force believes that consumers have the right to receive reliable information from knowledgeable sources in order to make informed decisions regarding their health and the use of nutrition products and services within San Bernardino County.

The Task Force is a coalition representing various regulatory agencies, community organizations, and legislative offices within southern California. Affiliated with the San Bernardino County Department of Public Health, the Task Force has joined forces with the National Council Against Health Fraud (NCAHF) in combating nutrition misinformation and quackery.

What Can You Do To Combat Nutrition Quackery?

- ▲ Report concerns and complaints of nutrition products and services that you were disappointed in
- ▲ All it takes is one call!

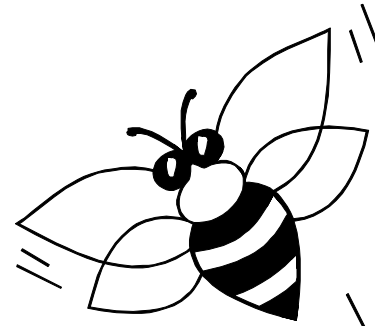
Where Should You Report?

Call (909) 387-6320
Nutrition Quackery Prevention Program



San Bernardino County
Department of Public Health
Nutrition Program
351 North Mt. View Avenue,
San Bernardino, CA 92415-0010

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"Be" an **Informed Nutrition Consumer**

**Don't "be"
fooled by
Nutrition
Nonsense.**

Make a beeline to accurate information

